Affirmations
Be Fearless

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Disclaimer

This book is a tool for personal reflection and growth. It is not a substitute for professional therapy, counseling, or mental health treatment.

Navigation

Affirmations **1**

Disclaimer **2**

Action **7**

Approval **9**

Assertive **11**

Attitude **13**

Bravery **15**

Change **17**

Confidence **19**

Contentment **21**

Creativity **23**

Death **25**

Delight **27**

Dreams **29**

Emotions **31**

Fearless **33**

Forgiveness **35**

Friendship **37**

Fun **39**

Giving **41**

Goals **43**

Gratitude **45**

Happiness **47**

Health **49**

Jealousy **51**

Life **53**

Mindful **55**

Perspective **57**

Powerful **59**

Pride **61**

Productive **63**

Purpose **65**

Relationships **67**

Sabotage **69**

Self-Care **71**

Self-Esteem **73**

Self-Growth **75**

Self-Love **77**

Speak Up **79**

Support **81**

Share This Read **83**

Action

I am predisposed to taking productive action.
I am fearless of making decisions.
I am productive with my life.
I lead my life with a clear purpose.
I move quickly on fruitful actions and decisions.
I am an assertive decision-maker.
I am a leader.
I have a clear mind.
I take thoughtful action.
I am wise.
I consider both long and short-term consequences.
I am inner-directed.
I know how to silence the *noise*.
I am mentally sharp.
I am mentally well.
I am mentally fierce.
I am goal-oriented.
I am action-oriented.
I am decision-oriented.
I am productive.
I am a winner.
I quickly learn from past decisions.
I am resilient.
I move on quickly.
I learn quickly.
I place my bets on me.

Thoughts

Approval

I accept myself.
I approve of **me.**
I am self-accepting.
I am self-forgiving.
I validate myself.
I am fearless.
I am confident without the approval of others.
I am un-addicted to others' feedback.
I regularly give myself a thumbs up.
I am continually improving.
I am kind and gentle with myself.
I am secure.
I am confident.
I am actively working on any insecurities.
I have a strong sense of self-awareness.
I do not mold to societal standards and norms.
I make decisions for myself.
I thrive off of the positive feedback I give myself.
I speak positively to myself.
I think positively.
I am productive with my thoughts and feelings.
I am selfless.
I am giving.
I consider others, not only myself.
I have a healthy relationship with competition.
I am self-assured.

Thoughts

Assertive

I am assertive.
I am confident.
I am not easily persuaded.
I make up my own opinion.
I do not let others make decisions for me.
I speak up when necessary.
I dominate conversations when necessary.
I do not let the opinions of others define me.
I am myself.
I am bold.
I am empowered.
I am mentally strong.
I hold my own.
I am valuable.
I am not a pushover.
I stand up for others when I feel it necessary.
I make wise decisions.
I am a quick thinker.
I am a leader.
I am sure of myself.
I am the driver of my life.
I am focused.
I am fearless.
I am persuasive.
I am approachable.
I am humble.

Thoughts

Attitude

I have a positive attitude.
I am content.
I am optimistic.
I smile with my eyes.
I am lighthearted.
Life is beautiful to me.
Life is a gift to me.
I have so much to be grateful for.
I am high on life.
I am thankful I have this life to live.
I am an enjoyable person to be around.
I give off colorful energy.
I am determined to stay positive.
I believe in myself.
I have high self-worth.
I encourage others to be positive.
I am glad to be alive.
Life is not hard for me.
Life is good for me.
External events do not determine my attitude.
I execute confidently in all areas of life.
I have a confident attitude.
I have a fearless attitude.
I have a calm demeanor.
I am a reliable person.
I am positively passionate about life.

Thoughts

Bravery

I am brave.
I am courageous.
I am confident.
I am fearless.
I take on new challenges.
I am as bold as a lion.
Fear never stops me.
I am not easily intimidated.
I am comfortable with who I am.
I am a strong contender.
I am the best version of myself.
I am not afraid to let the world know who I am.
I speak up for myself.
I speak up for others.
I maintain strong boundaries.
I do not let people take advantage of me.
I stand up for what is right.
I have an excellent character.
I am not afraid of anyone.
I am not afraid of anything.
I am audacious.
I am always out of my comfort levels.
I consistently tackle new adventures.
I explore new people and things.
I am an overcomer.
I am resilient.

Thoughts

Change

I embrace change.
I am comfortable with change.
I do not resist change.
I have the power to change my life.
I can make new decisions.
I implement changes to improve upon myself.
I am confident.
I am decisive.
I am a decision-maker.
I am open to change.
I am open-minded.
I know how to compromise.
I am adapting.
I am flexible.
I listen to the opinions of others.
I let go of things when I need to.
I let go of people when I need to.
I let go of old and unproductive habits.
I let go of harmful habits.
I let go of old ways of thinking.
I let go of negative thinking.
I choose to be optimistic.
I choose to be open to reasonable change.
I accept good change willingly.
I do what is best for me.
I accept others for who they are.

Thoughts

Confidence

I am confident.
I am assertive.
I am bold.
I am fearless.
I have a beautiful and robust presence.
I make others feel comfortable.
I have firm boundaries.
I do not let others run over me.
I do not let others use me.
I do not use others.
I am genuine.
I am not afraid to show others who I am.
I do not take advantage of others.
I execute my life confidently.
I am confident in the decisions I make.
I walk with my head held high.
I walk with tenacity.
I have a definite life purpose.
I have clear written goals.
I am secure.
I am very comfortable in my skin.
I am a leader.
I am not a follower.
I am a great listener.
I speak up for myself.
I speak up for those who can't speak up.

Thoughts

Contentment

I have a grateful spirit.
I accept who I am.
I accept who I was.
I accept where I have been.
I accept where I am going.
I am thankful for my life.
I am thankful for everything in my life.
I am grateful for everyone in my life.
I am appreciative of life itself.
I am at peace.
I am content with who I am.
I am content with who I am developing into.
I am a peaceful spirit.
My mind is still.
My mind is serene.
I am satisfied with my life.
I take the necessary actions to be content.
I make healthy decisions.
I do not chase after unnecessary things.
I am not addicted to materialistic items.
I am content.
I accept my past and history.
I am untroubled by my past.
I live confidently in the present moment.
I have everything I need.
I want everything I have.

Thoughts

Creativity

I do not let fear inhibit my creativity.
I do not let others define my ability.
I am confident in my creative ability.
I am blessed with a beautiful mind.
I am blessed with beautiful thoughts.
I am productive with my ideas.
I am creative.
I love to explore.
I enjoy learning new things.
I am a genius.
I am intelligent.
I am smart.
I am inspirational.
I am a visionary.
I am inventive.
I am special.
I am open-minded.
I am different.
I am unique.
I have beauty within me.
I have unlimited creative potential.
I have a beautiful mind.
I have a brilliant imagination.
I am creative in my own way.
I define what creative is for me.
I continuously tap into my creative potential.

Thoughts

Death

I do not fear the inevitable: death.
I do not make adverse life decisions.
I love me.
I love others.
I respect life.
I respect the lives of others.
I make the most of the present moment.
I conduct my life productively.
I am not careless with my life or time.
I am living each day without regrets.
I do not wait to live my life.
I do not wait to find meaning for my life.
I do not wait to make a positive impact on others.
I love to give.
I am doing the things I want to do.
I am living out my dreams.
My life is worth living.
I am comforting to others when they are grieving.
I am comforting to myself when I lose someone.
I am emotionally available.
I value the lives of others.
I am thankful for the life I have to live.
I am living out each of my days fully.
I am grateful to be alive.
I find gratitude for all things.
I am not living an uneventful and tedious life.

Thoughts

Delight

I am delighted with life.
I am fearless with my approach to life.
I am not driven by circumstance.
I am inner-directed.
I approach each day, confidently.
I am maximizing the time I have.
I am a delightful person to be around.
I have a fearless spirit.
I am warm-hearted.
I am kind.
I am self-less.
I am giving.
I am thoughtful.
I am destined for greatness.
I am positive.
I am optimistic.
I am awesome.
I am amazing.
I am excited.
I am a ray of sunshine.
I am encouraging to others.
I am a positive light to others.
I am a beautiful spirit.
I am a beautiful soul.
I am content with myself and my life.
I am present.

Thoughts

Dreams

I approach my goals fearlessly.
When I have a dream, I act on it.
I encourage my dreams.
I maintain focus on my dreams.
I consistently prioritize my dreams.
I hold on tight to my dreams.
I am optimistic that I can accomplish my goals.
I set goals consistently.
I review my goals daily.
I let go of pessimism.
I let go of negative thinking.
I critique myself without negativity.
I value my time and cherish every moment.
I am productive with the time I have.
I constantly think of new ideas to fuel my dreams.
I live without regret.
I never give up on myself or my dreams.
I know I can accomplish anything.
I am bold about my dreams.
I believe in my dreams.
I am confident that my dreams will work out.
I surround myself with dream builders.
Nothing is impossible for me.
My potential self is infinite.
The sky is the limit for me.
My dreams are invaluable.

Thoughts

Emotions

My life is not lead by my feelings.
My emotions do not rule me.
I take care of my emotional well-being.
I am emotionally stable.
I am emotionally aware.
I conduct my life with direction and purpose.
I am not an overly sensitive person.
I am emotionally available.
I am emotionally healthy.
I productively utilize my emotions.
I replace negative sentiments with positive ones.
I release negative emotions towards others.
I release negative attitudes towards my past.
I release negative emotions towards myself.
I am kind to myself and others.
I do not over-invest emotionally.
I don't let others take advantage of me emotionally
I am emotionally stable.
I maintain emotional balance.
I am emotionally sound.
I am emotionally fearless.
I accept my emotions at any given time.
I release unproductive emotions and thoughts.
I am in touch with both my emotions and logic.
I am emotionally thriving.
I am comfortable discussing the way I feel.

Thoughts

Fearless

I am fearless.
I do not live in fear.
I am not timid.
I am confident.
I am secure.
I am bold.
I am a risk-taker.
I take leaps of faith.
I am courageous.
I am not driven by fear.
I do not make decisions out of insecurity.
I am assertive.
I am mentally strong.
I follow through on commitments.
I am strong.
I am not driven by weakness.
I do not fear success.
I do not fear failure.
I conquer all of my fears.
I am not afraid.
I am emotionally secure.
I am adventurous.
I am interesting.
I am fun.
I am comfortable in my skin.
I am free of worry.

Thoughts

Forgiveness

I am strong enough to forgive others.
I am humble.
I forgive others with humility.
I let go of others' transgressions against me.
I do not harbor unforgiveness.
I do not hold things over people's heads.
I do not hold the past against people.
I do not consistently bring up the past.
I am a forgiving person.
I am a loving person.
I live in the present.
I live in the moment.
I let go of past hurts.
I let go of unhealthy relationships.
I do not let others continue to hurt me.
I do not allow myself to hurt others.
I do not allow myself to inflict self-harm.
I am valuable.
My sanity is valuable.
I do not let others use me.
I am kind to others when they aren't kind to me.
I am a good-hearted person.
I repay good for evil.
I am not vengeful.
I am comfortable forgiving myself and others.
I fearlessly forgive myself and others.

Thoughts

Friendship

I am fearless of intimacy.
I am comfortable putting my trust in others.
I get excited about developing new friendships.
I am humble and free of egotistical behaviors.
I enjoy giving in my friendships.
I build trust with others slowly.
I am a quality friend.
I have quality friends.
I take time to learn who people are.
I take the time to listen to others.
I have healthy boundaries.
I am giving.
I am open-minded.
I love myself.
I care for myself.
I am capable of loving others.
I am capable of caring for others.
I am friendly.
I am kind.
I am genuine.
I am a quality friend to others.
I invest in positive friendships.
I am honest in my friendships.
I maintain healthy boundaries in my friendships.
I do not isolate myself from having relationships.
I value harmony in my life.

Thoughts

Fun

I do not let things come between me having fun.
I do not let people come between me having fun.
I fearlessly embrace fun adventures.
I am open-minded.
I am flexible and adaptable.
I am comfortable having fun.
I thrive on change, fun, and all things different.
I am a fun person to be around.
I make it a habit to have fun consistently.
I hang around people that have healthy fun.
I have fun hobbies.
I am ecstatic about life.
I am energetic.
I am high on life.
I enjoy living.
I am lighthearted.
I am refreshed.
I am youthful.
I am magnetic.
I am invigorated.
I am a ball of energy.
I productively make good use of my time.
I do not feel guilty when I have fun.
I stay present when I am having fun.
I do not sabotage fun moments.
I am maximizing my time on this earth.

Thoughts

Giving

I always have more than enough.
I live in a surplus.
I lack no good thing.
I am comfortable with letting go of money.
I am comfortable giving my time.
I am comfortable investing in others.
I think of others, not only myself.
I am giving.
I enjoy giving to others.
I do not hoard *things*.
I give away stuff that I do not use.
I find ways to demonstrate kindness to others.
I am selfless.
I am thoughtful.
I am considerate.
I am comfortable with giving.
I invest in the well-being of others.
I am a giver.
I reciprocate kindness.
I accept kindness.
I am not too proud to give.
I am not too proud to receive help.
I enjoy being a blessing to others.
I enjoy helping others in need.
I enjoy making others happy.
I enjoy being kind.

Thoughts

Goals

I am comfortable making goals.
I do not fear failure.
I dream big because the sky is the limit.
I am fearless of success.
I am fearless of living my best life.
I consistently reach my goals.
I have goals.
I have a clear direction for my life.
I know what my purpose is.
I write down my goals consistently.
I review my goals daily.
I have a meaningful life.
I am goal-oriented.
I am productive with my time.
I am maximizing my time on earth.
I value my life.
I value my goals.
I take my goals seriously.
I never give up on my goals.
I attack my goals head-on.
I work on my goals daily.
I have clarity for my life.
I am a purpose-driven individual.
I am ambitious.
I am passionate about my goals.
I am accomplishing everything I desire.

Thoughts

Gratitude

I embrace life situations and find gratitude in them.
I am humble enough to convey gratitude.
I am thankful for my assertiveness.
I am thankful I am fearless.
I am thankful for my confidence.
I am thankful for my optimistic attitude.
I am grateful for my humble demeanor.
I take nothing for granted.
Conveying gratitude is a daily habit.
I am thankful that I rise above all circumstances.
I am filled with gratitude.
I choose to be grateful.
I am thankful for my life.
I am thankful for my experiences.
I am thankful for who I am becoming.
I am thankful for who I am today.
I consistently find things to be grateful for.
I consistently find people to be grateful for.
I consistently find beauty throughout my days.
I find the positive in everyday life.
I am grateful for my past.
I am grateful for my present.
I am grateful for my future.
I am grateful I can breathe.
I am grateful I can think.
I am grateful I am alive.

Thoughts

Happiness

I am happy.
My life is filled with positive emotions.
I let go of depressing feelings.
My mind is filled with optimistic thoughts.
I let go of gloomy thoughts.
I let go of poor habits.
I engage in activities that add happiness to my life.
I let go of negative feelings.
I choose to have a great day.
I am encouraging to others.
I show kindness to others.
I speak positively over my life today.
I choose to be grateful for all of the good.
I am thankful to be alive.
I am grateful that I can breathe.
I am appreciative of everything good in my life.
I choose to be positive throughout today.
I choose optimism, even if I don't feel it.
I laugh often.
I consistently have fun.
I try new things frequently.
I choose to be my best self each day.
I do not let fear prevent me from living happily.
I live a productive life.
My life is filled with beautiful relationships.
My life is filled with purpose and positive energy.

Thoughts

Health

I take a fearless approach to my health.
I get regular physicals.
I go to the dentist regularly.
I get blood work done regularly.
I never ignore any bodily discomfort.
I am an advocate for my health.
I eat vegetables regularly.
I invest in my self-care.
I invest in my internal health.
I invest in my external health.
I value my holistic health.
I am mentally healthy.
I am emotionally healthy.
I am mentally healthy.
I am physically healthy.
I am spiritually healthy.
I exercise regularly.
I get fresh air regularly.
I take time to breathe regularly.
I stretch regularly.
I laugh often.
I sweat and release toxins often.
I regularly intake quality and healthy foods.
I stay hydrated.
I value my internal and external health.
I am educated on the subject of health.

Thoughts

Jealousy

I am not intimidated by others' success.
I am happy for others.
I enjoy witnessing the success of others.
I give to others often.
I love seeing others do well in life.
I am successful.
I improve areas in my life I'm unsatisfied with.
I only wish good on others.
I have a big heart.
I am accepted.
I speak positively over others.
I care about others.
I am self-less.
I am kind.
I have a beautiful soul.
I have a positive mind.
I have an optimistic view of life.
I help others on their journey to success.
I am a genuine person.
I speak positively over others.
I repay kindness with unkindness.
I am content with where I am in life.
I am content with who I am.
I am content with what I have.
My desires are authentic.
I aim to be myself, not anyone else.

Thoughts

Life

I approach living life fearlessly.
I walk confidently wherever I am in life.
Life is good to me.
I embrace new opportunities with boldness.
I live my life without fear.
I am an optimist.
I never harm myself.
I never harm others.
I love myself.
I care about my life.
I care about the lives of others.
I want to be alive.
I am thankful to be alive.
I know that I am priceless.
I am special.
I am unique.
There is only **one** me.
I have a healthy and reliable support system.
I have healthy people surrounding me.
My life is worth living.
I have extraordinary relationships.
I live an extraordinary life.
I have many dreams I aim to accomplish.
I have many goals I work on consistently.
I never give up on myself.
I will always believe in myself.

Thoughts

Mindful

I am calm.
I am tranquil.
I am serene.
I am still.
I am fearless.
I am bold.
I am confident.
I am peaceful.
I am emotionally stable.
I am in control of my thoughts.
I am in control of my mind.
I am in control of my emotions.
I am in control of my decisions.
I am mentally healthy.
I utilize healthy outlets to stay positive.
I am optimistic.
I take time to breathe.
I take time to be still.
I am not subject to fear.
I am mentally strong.
I practice mindfulness.
I train my mind to be disciplined.
I do not let my thoughts control me.
I do not let my thoughts control my mood.
I do not let my thoughts control my emotions.
I am a practitioner of mindfulness.

Thoughts

Perspective

Perspective is everything. How you view situations, people, and circumstances can impact your life significantly.

I maintain a fearless perspective on life.
I maintain a positive perspective in relationships.
I hold favorable outlooks in difficult circumstances.
I maintain a positive attitude at work.
I maintain a positive outlook at home.
I am a positive thinker.
I am a positive person.
I am filled with optimism and hope.
I enjoy being happy.
I am confident great things are happening for me.
I am safe from all harm and danger.
I am never without, I always have.
I am blessed beyond measure.
I am content.
I am filled with gratitude.
I am thankful to be alive.
I expect the best outcomes.
I expect to receive the best from others.
I do not let others bring me down.
I am comfortable being optimistic and positive.
I always look on the bright side.
I live my life fearlessly and boldly.
I help others adopt a positive perspective on life.

Thoughts

Powerful

I am powerful.
I have the power to make productive decisions.
I am decisive.
I am a quick decision-maker.
I am a clear thinker.
I am a problem solver.
I am confident.
I am mentally healthy.
I am calm.
I do not let others control me.
I am in charge of my decisions.
I am wise.
I am independent.
I am great.
I am secure within myself.
I am a leader.
I am strong.
I respond effectively to external events.
I am strong.
I am purposeful with my time, life, and actions.
I am blessed beyond measure.
I am favored.
I am charismatic.
I am amiable.
I am persuasive.
I am a powerful force.

Thoughts

Pride

I am fearless.
I am never too proud to receive help.
I am never too proud to admit when I am wrong.
I am not too proud to improve myself.
I am not too proud to admit when I need help.
I let go of my ego.
I don't let ego harm my relationships.
I am not egotistical.
I am humble.
I am open-minded.
I do not force my opinion on others.
I am selfless.
I am considerate of others.
I see others as equal.
I am comfortable giving my opinion in moderation.
I actively listen to others when they speak to me.
I take pride in how I treat myself.
I take pride in how I treat others.
I am comfortable in my skin.
I approve of myself.
I do not seek approval from others.
I do not compete with others.
I am comfortable when others disagree with me.
I am comfortable when others succeed.
I have a high self-worth.
I do not need external validation.

Thoughts

Productive

I am confident my actions reap positive results.
I am confident that my efforts are valuable.
I am confident in my dreams.
I am passionate about fulfilling my purpose in life.
I am a productive person.
I am productive with my time.
I maximize each hour and minute of my day.
I make it a habit to utilize my time wisely.
I am ambitious.
I am a goal-setter.
I am goal-oriented.
I am a go-getter.
I am an active dreamer.
I am organized.
I am focused.
I am driven.
I am passionate about my goals and dreams.
I consistently have productive days.
I am excited to get my day started.
I am thankful to be alive.
I plan my weeks and days.
I have structure in my life.
I follow through on my commitments.
I balance work and life.
I take breaks and vacations as needed.
I avoid burnout and working too much.

Thoughts

Purpose

I am living fearlessly.
I live my life with faith and hope.
I am living on purpose.
I am a leader.
I make productive decisions.
I am making purposeful decisions.
I am living an intentional life.
I am decisive.
I am certain.
I am who I am.
I am perfect as I am.
I am enjoying my life.
I am doing things I want to do.
I am learning who I am.
I am on a positive life journey.
I am focused.
I am happy.
I am content.
I am beautiful the way I am.
I am living each of my days productively.
I am enjoying self-discovery.
My future is bright.
My present is bright.
My life moves ahead in full force.
My spirit, soul, mind, and body are full of purpose.

Thoughts

Relationships

I enjoy healthy relationships without fear.
I am comfortable being vulnerable.
I am humble, honest, and trustworthy.
I embrace relationships with boldness.
I am confident in my relationships.
I do not engage in negative peer pressure.
I do not stay in unhealthy relationships.
I enjoy being in healthy, drama-free relationships.
I enjoy being happy.
I enjoy being treated fairly.
I enjoy being respected.
I respect myself.
I value myself.
I love myself.
I am capable of loving others.
I respect others.
I value others.
I am giving.
I treat others kindly.
There is a balance in my relationships.
My relationships are honest and genuine.
My relationships are filled with kindness.
My relationships add value to my life.
I maintain healthy and clear boundaries.
I never compromise who I am for a relationship.
I let go of unhealthy relationships.

Thoughts

Sabotage

I let others enjoy excellent opportunities.
I allow myself to appreciate good people.
I allow myself to be loved.
I allow myself to be successful.
I allow myself to lead a fun and healthy life.
I allow myself to look my best.
I am comfortable with success.
I am comfortable being healthy.
I am comfortable taking care of myself.
I am independent.
I am secure within myself.
I take advantage of once in a lifetime opportunities.
I live without regrets.
I show gratitude to others.
I am grateful for my life.
I am thoughtful of others.
I look out for others.
I want what is best for myself.
I want what is best for others.
I embrace superb opportunities.
I allow myself to grow.
I allow myself to improve my life.
I allow myself to increase my income.
I allow myself to have new-healthy relationships.
I enjoy my life.
I am grateful for all life has and will give me.

Thoughts

Self-Care

I consistently invest in my well-being.
I am more confident because I take care of myself.
I love myself.
I am thankful for life.
I am thankful for my body.
I always take time to appreciate all of my abilities.
I value myself.
I take care of my mental health.
I take care of my physical health.
I take care of my spiritual health.
I take care of my emotional health.
I take care of my financial health.
I educate myself consistently.
I learn new information daily.
I do not postpone regular doctor appointments.
I do not avoid taking care of myself.
I do not wait for others to take care of me.
I am independent.
I am not dependent on others.
I love who I am.
I love who I am becoming.
I pamper myself.
I consistently eat healthily.
I avoid addictions to unhealthy people.
I avoid addiction to harmful substances and food.
I avoid addiction to unhealthy habits.

Thoughts

Self-Esteem

I have a high opinion of myself.
I am confident in who I am becoming.
I am confident with who I am now.
I am assertive.
I am fearless about standing up for myself.
I respect myself and others.
I have high self-esteem.
I am self-confident.
I am assertive.
I believe in myself.
I am doing great things.
I am proud of myself.
I love myself.
I invest in my self-care.
I always take care of me.
I do not let others bring me down.
I never let others mistreat me.
I am valuable.
I am priceless.
I am special.
I am to be treated with respect.
I am worthy of good in my life.
I deserve healthy and quality relationships.
I deserve quality opportunities.
I deserve good in my life.
I am my number one fan.

Thoughts

Self-Growth

I continually educate myself.
I embrace new knowledge with humility.
I am enthusiastic about learning.
I never let ego get in the way of a life lesson.
I utilize wisdom expertly.
I take on the unfamiliar fearlessly.
I am vested in my personal growth.
I love who I am.
I love who I am becoming.
I take the time to learn new things daily.
I take time to improve upon who I was yesterday.
I am excited to learn different things.
I am elated about new challenges.
I am passionate about my life journey.
I listen to positive podcasts.
I read positive books.
I deal with uncomfortable wounds.
I desire to be better.
I desire to grow.
I desire to improve.
I stay out of my comfort zone.
I maximize the life I have been given.
I am not who I was yesterday.
I am on a memorable and meaningful life journey.
I invest in others.
I share valuable information I learn with others.

Thoughts

Self-Love

I am happy with myself.
I am comfortable succeeding.
I do not get in the way of my personal growth.
I am confident.
I am assertive.
I am mentally and emotionally healthy.
I love myself.
I do not depend on others to love me.
I am more than good enough.
I take care of myself.
I take care of my internal health.
I take care of my external appearance.
I take care of my soul and my spiritual health.
I am in love with myself.
I do not let others take advantage of me.
I maintain healthy boundaries.
I am compassionate towards myself.
I am loving towards myself.
I love others because I love myself.
I place a high value on myself.
I do not let others repeatedly disrespect me.
I make decisions I am comfortable with.
I am my number one fan.
I am encouraging and gentle with myself.
I speak positively about myself.
I do not look for others to validate me.

Thoughts

Speak Up

I speak out.
I speak up.
I communicate assertively.
I am a fearless communicator.
I am a fierce communicator.
I communicate thoughts and feelings effectively.
I am worthy of being heard.
My voice matters.
My opinion matters.
I speak up for others who can't.
I stand up for myself.
I am assertive.
I am confident.
I am seen.
I am cherished.
I am valuable.
I am likable.
I am favored.
I am articulate.
I am well-spoken.
I am eloquent.
I am intelligent.
I am smart.
I am fearless.
I am comfortable in my skin.
I do not hold back who I am and what I want.

Thoughts

Support

I am supported.
I am not alone.
I am happy.
I am friendly.
I am not abandoned.
I am sociable.
I am accepted.
I am content.
I am in love with myself.
I am cheerful.
I am popular.
I am loved.
I am agreeable.
I am amiable.
I am warm.
I am pleasant.
I am humorous.
I am loving.
I am enjoying time with myself.
I am experiencing quality relationships.
I have a reliable support system.
I am a strong support to others.
I am giving.
I am accepting.
I am free of judgments.
I am a supportive friend and family member.

Thoughts

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It's good to give. It feels remarkable to give.